



Topic: Kitchen Fires

The top cause of home fires are those ignited in the kitchen while preparing food.

According to the *National Fire Protection Association* (NFPA), cooking is the leading cause of home fires in North America. While some fires are caused by appliance malfunction, most kitchen or stove fires are caused by inattention or neglect.



Kitchen fires destroy property. What's more, ranges and ovens alone account for more than 40,000 injuries each year. This number doesn't include the millions of self-treated injuries people suffer from touching a hot oven rack or pan. They can be painful, but don't require a trip to the hospital.

- ✚ Of all kitchen fires, the grease fire may be the most dangerous. Left unattended, grease or oil in a frying pan will overheat and burn. Sometimes the ignition is a flash-fire, a sudden explosion of flame.
- ✚ If you experience a grease fire, put on an oven mitt, slide a lid over the pan, and turn off the heat. Never use water. If flames have gone outside the pan, cover the fire with a wet towel. Leave the pan on the stove until it is cool.
- ✚ Are your cooking clothes correct? Never wear clothing that is loose-fitting or has dangling sleeves. How about your oven mitt? The best ones cover the forearm. Keep the cooking area clear of all flammable items, and make sure you have a lid nearby for each pan.
- ✚ NFPA says it's important to start heating grease or cooking oils on low heat. If the burner is heating on high, oils can reach a combustible temperature in minutes.
- ✚ And finally, if there are small children in the home, keep your kid-free zone at three feet around the range.